

Results from Our Centres

For Health, Healing, Self & Life improvement and Success.

THE POWER OF SELF-HEALING

By helping the person to fuller self-expression and focusing on this as the goal RATHER than the complaint, (whether it be physical, mental, social, spiritual), I found that in the process there is often a 'cure' which extends into every area of the person's life. I have many thousands of remarkable case histories as proof. Even the person who considers themselves 'well' will benefit while those seeking success and excellence will have found the means with this approach. *Tony Quinn*

World wide, Holistic Medicine is a growing phenomenon and with the establishment of our healing therapy centres nationwide, more and more people in Ireland are availing of this popular therapy. Thousands of people attend our healing centres with truly astounding results, some of which are featured on these pages. At the same time a lot of people still do not know what healing is all about and people who come along to us for the first time are always

full of questions. We print here some of the questions we are commonly asked with a reply from one of our Galway Therapist Mary Dolan.

What is healing?
Healing is that capacity or force within each individual that moves everything that it passes through towards perfection. For instance, if you break your leg, the doctor may set the leg, but it is the

actual life force or healing force in the person that actually causes the tissues to knit together. Healing, in a very broad sense is concerned with putting the person in touch with this source of life inside themselves. Once they start to become whole or integrated in this way, they approach everything in life from a different perspective. Its like a small switch in thinking which can be applied in all areas of life.

What actually happens at a healing therapy session?
People come along initially to meet the therapist in private and to discuss their aims. We encourage them to write their "requests" i. e. what they want to see happening in their lives. A short relaxation session is also included in this initial consultation. Thereafter, people come along to a one hour group session, twice a week. The

session starts with thirty to forty minute relaxation. The positive atmosphere that is created in the room really allows the person to let go and experience a great sense of well being and expanded awareness. When they really relax, they activate their own self-healing capacity. At the end of the session the therapist explains how to apply this capacity to different areas of their life.

How soon does it take to get results?
Healing therapy puts the person in control of their life and they automatically begin to operate in a different way, so most people will begin to see results in one or two weeks. We recommend that people come along initially for a course of 6 to 8 weeks so that they can begin to understand the system more fully and apply it for themselves. Many people come along for a much longer period. Even though their



Mary Dolan, Healing Therapist at our Galway Centre.

presenting problem has long since disappeared they enjoy the positive atmosphere of the centre and continue to benefit in other areas of their life. For instance a person may come along with a health problem and continue because their business is taking a new lease of life.

problems or simply people who want more from life. It appeals to all types of people because it is the ultimate system for achieving what you want in life whether that be success, healing or life improvement.

Special Notes
Under no circumstances are we suggesting or implying that this approach should take the place of medical advice or, where necessary, medical treatment. However, we do believe that it is a useful addition to any form of therapy.

What type of people come along to the therapy?
Everybody from students to pensioners to business people or people with physical

Remarkable Recovery from Chronic Fatigue

Many years ago I became ill with M.E., with pain so severe at times that I couldn't walk, sit or use my limbs. Not knowing what was wrong with me, I continued my studies and dictated my

Leaving Certificate between stays in different hospitals and with the help of good friends I got through my first year in University. However by Easter '89 even my co-ordination and concentration

were affected. I spent the next 2 years mainly at home in bed or in hospital, trying out every type of conventional and complementary medicine and diet I heard of.

When I saw the Blueprint for Living paper, I have to admit I was sceptical, but I had nothing to lose and everything to gain, and so started attending the healing therapy. It was the best thing I ever did. Everyone who knows me can see the transformation. I now have a whole new lease of life. I have just completed my Clinical Nutrition Diploma with top marks and everything is going really well for me. I actually feel more full of energy and life and am doing more than I ever did even before I had the M.E. I now have the health, confidence and enthusiasm to do anything I want. I am so grateful. I feel everyone in all walks of life deserves to give themselves the chance of reaching their true potential and truly feeling full of life and vital. You'll never look back again. I can guarantee it.

Caroline Dublin.



Caroline



CHILD ECZEMA CLEARED

My daughter Aolte, now 2 1/2 suffered with eczema from one month old. I brought her to the doctor several times and each time I was given creams of different kinds. For the best part of six months she wore bandages to bed to stop her scratching in her sleep. Her legs, arms, face and hands were covered in a red raw rash all the time. She always had colds and was on antibiotics. She could never sleep all night. When I read the 'Blueprint' I decided to go to the Royal Hotel, Carlow where I was met by the therapist. Now 8 weeks later her skin is completely clear. No antibiotics for the past two months, the longest ever. She is now sleeping fully at night. I am delighted with the great work done. *A.C. Carlow*

WELL AGAIN AFTER 18 YEARS OF ILLNESS

Since I started coming to the healing therapy every aspect of my life has changed for the better, my health, my family life, my marriage, everything. I have just been told at the hospital this morning that I don't have to

attend again after 18 years of illness with my thyroid gland and other medical problems. The consultant just couldn't get over how well I am and I've never felt better.

I have just been on a week seminar and it was brilliant, the best week I've ever spent, and I feel fantastic from it. It's good to realise that I don't need to worry myself sick about things anymore. I want to thank Tony and everyone involved for the wonderful change in my life. Thank you sincerely. *Marlene Hobson.*



Marlene Hobson

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